

Maddie

Mr. Ferrell

Language Arts

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Softball

S-O-F-T-B-A-L-L! What's that spell? Softball! My favorite hobby is softball. Do you know how to pitch, throw, run, or hit the ball out of the park? Well ask me. I know all about softball; I have been playing for four years!

How to pitch; its simple! This is how to pitch first if you are right handed you put your right foot on the white board or if you are left handed you would put your left foot on the white board. Then you put your opposite foot behind the white board and remember to keep your feet about shoulder width. Second if you are right handed then you would hold the ball so that the ball has a backwards c. If you are left handed it would be a frontward c. Thirdly you would raise your arms with you holding the ball in the glove then come down swing the arm which you are holding the ball with in a circle once let go and slide your legs like they are making a four and after you let go of the ball bring you hand up to the shoulder to which your arm is connected. Hope you learned how to pitch!

Throwing! Do you know how to throw the proper way or if you do increase some more speed? Well it is about the same as pitching depending on if you are right handed or left handed. Hold it so that the c is either a forward or a backward c. When you throw it increases the speed and also to increase more speed you should step with the opposite side of your body that doesn't have the ball. Enjoy it.

Running! There are a lot of people who enjoy running as there favorite sport. When you run to first base you should never stop running because if you slow down there's a good chance of getting out. When you run to first base never slow down until you past the base and unless you are turning to second you should step on the orange part of the base. If you are turning to second base then you would touch the corner of the white section of the base and stay on second once you get there. You would never want to run past second or third base because they could get you out if you aren't on second or third base even if you already touched it, it doesn't count. So never go past second or third base; stop right on it. Have fun running!

Strike One! Strike Two! Strike Three! Your Out! Having trouble hitting? Well it's easy like drinking a glass of sweet cold lemonade on a relaxing day on the beach. First you hold the bottom of the bat in your hands. If you are right handed then you would stay on the right side of the

base and have your right hand on top of your left hand. If you are left handed then you would stand on the left side of the base and have your left hand on top of your right hand. Keep your legs aligned with the lines of the base and keep your feet shoulder width. Bring you right foot back about and inch if you are left handed and if your right handed then you would bring your left foot back about an inch. If you want to hit the ball towards third base so that you get a better chance of staying safe then you would turn your right foot towards third base and if you are left handed and point your left foot towards third base if you are right handed. If you now about hitting now then I would get out there and hit, hit, hit! Way out of the park!

Pitching! Running! Throwing! Hitting! These are all the things you need to know about softball and these things are why I love playing it! So go out there and try. Join a team and Practice! Practice! Practice! So when you start playing against other teams you will be a pro at softball!